

## CLAIMS

1. A Ubiquinol-enriched oil/fat-containing food.
- 5        2. The oil/fat-containing food according to Claim 1,  
which further contains ubiquinone.
3. The oil/fat-containing food according to Claim 1  
or 2,  
10        wherein the ubiquinol/ubiquinone ratio is not less  
than 1/2 (by weight).
4. The oil/fat-containing food according to Claim 1,  
2 or 3,  
15        which has been enriched with ubiquinol and ubiquinone  
in a proportion of 0.0001 to 50% by weight as ubiquinone  
based on the total weight of the oil/fat-containing food.
5. The oil/fat-containing food according to Claim 1,  
20        2, 3, or 4,  
wherein the oil/fat content is not less than 0.5% by  
weight.
6. The oil/fat-containing food according to Claim 1,  
25        2, 3, 4 or 5,  
wherein the weight ratio of ubiquinol to oil/fat is  
not more than 1.
7. The oil/fat-containing food according to Claim 1,  
30        2, 3, 4, 5 or 6,  
which is at least one species selected from the group  
consisting of edible oils/fats, milk, dairy products,  
sauces, breads, pies, cakes, confections, roux, seasoning  
liquors, ice confections, noodles, processed foods, boiled  
35        rice preparations, jams, canned foods, and beverages.

8. The oil/fat-containing food according to Claim 1,  
2, 3, 4, 5, 6 or 7,

5 which further contains an antioxidant and/or an  
edible color.

9. The oil/fat-containing food according to Claim 8,  
wherein the antioxidant and/or edible color is at  
least one species selected from the group consisting of  
10 ascorbyl palmitate, ascorbyl stearate, catechin, lecithin,  
tocopherol, tocotrienol, lignan, and carotenoid.

10. The oil/fat-containing food according to Claim 1,  
2, 3, 4, 5, 6, 7, 8 or 9,  
15 which is a colorless or white to pale yellow food.

11. The oil/fat-containing food according to Claim  
10,  
wherein the colorless or white to pale yellow food is  
20 at least one species selected from the group consisting of  
edible oils/fats, milk, dairy products and beverages.

12. The oil/fat-containing food according to Claim 1,  
2, 3, 4, 5, 6, 7, 8, 9, 10 or 11,  
25 wherein the ubiquinol is an (all-E)-isomer.

13. The oil/fat-containing food according to Claim 1,  
2, 3, 4, 5, 6, 7, 8, 9, 10, 11 or 12,  
wherein the process for producing the ubiquinol is a  
30 fermentation process.

14. A process for supplying ubiquinol  
which comprises ingesting the oil/fat-containing food  
according to any one of Claims 1 to 13.

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15. A process for producing the oil/fat-containing food according to Claim 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13 or 14

5 which comprises adding ubiquinol together with an emulsifier and/or an oil/fat-containing food ingredient to a food material.

16. A process for producing the oil/fat-containing food according to Claim 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11,  
10 12, 13, 14 or 15

which comprises adding ubiquinol having a purity in excess of 0.01%.

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